



Exercise is one of the best ways to minimize arthritis pain and symptoms.

# You Can Work it Out

- **MOVE** your joints.
- **STRENGTHEN** muscles around joints.
- **BUILD** bone strength and health.
- **LOSE** the weight that stresses your joints.
- **ACCOMPLISH** more when you have more energy.
- **WORK** with a professional who can support your health.

If you are living with arthritis, get help to manage your pain. Work with an experienced nurse who will help you stick to your treatment plan and confidentially answer any questions you have free of charge.

**Call (866) 674-9103**  
to enroll today!

